

2020 SPRING Swimming Lessons



Personal Lessons

Evans Pool

7201 E. Green Lake Dr. N. Seattle, WA 98115
(206) 684-4961

Want to receive regular e-mail updates from us?

Send an e-mail to evanspool-subscribe-request@talk2.seattle.gov

Need some extra help with that backstroke? Need some basic instruction on the basics of swimming? Or, are group lessons not something you are comfortable with? Sign up for our personal lessons and we will cater the lesson to your needs. \$42.00 per half hour for 1 student.

Want to add an additional student that is the same skill ability? You can add another student for an extra \$14.25 per class.

PERSONAL LESSON REFUND POLICY: A participant may be issued a refund if he/she drops a lesson, and notifies the program coordinator 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee - whichever is greater will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given.

TRANSFER POLICY: Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours notice.

Lessons for 6 month - 4 year-olds

<u>Class</u>	<u>Day/Time</u>	<u>Start</u>	<u>End</u>	<u># Classes</u>	<u>Cost</u>	<u>Activity</u>
Parent and Child Aquatics Level 1 & 2 6mo - 4 Years Old	Mon, 11:30 AM	16-Mar	27-Apr	7	\$56.00	38211
	Tue, 6:30 PM	17-Mar	28-Apr	7	\$56.00	38212
	Wed, 11:30 AM	18-Mar	29-Apr	7	\$56.00	38213
	Wed, 6:30 PM	18-Mar	29-Apr	7	\$56.00	38214
	Thu, 5:00 PM	19-Mar	30-Apr	6	\$48.00	38215
	Thu, 6:30 PM	19-Mar	30-Apr	6	\$48.00	38216
	Fri, 11:30 AM	20-Mar	1-May	7	\$56.00	38217
	Sat, 10:00 AM	21-Mar	2-May	7	\$56.00	38218
	Sat, 3:00 PM	21-Mar	2-May	7	\$56.00	38219

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Lessons for 3 year-old

<u>Class</u>	<u>Day/Time</u>	<u>Start</u>	<u>End</u>	<u># Classes</u>	<u>Cost</u>	<u>Activity</u>
3 Year Olds	Mon, 11:00 AM	16-Mar	27-Apr	7	\$98.00	38199
	Mon, 6:30 PM	16-Mar	27-Apr	7	\$98.00	38200
	Tue, 5:00 PM	17-Mar	28-Apr	7	\$98.00	38201
	Tue, 6:30 PM	17-Mar	28-Apr	7	\$98.00	38202
	Wed, 11:00 AM	18-Mar	29-Apr	7	\$98.00	38203
	Wed, 6:30 PM	18-Mar	29-Apr	7	\$98.00	38204
	Thu, 5:00 PM	19-Mar	30-Apr	6	\$84.00	38205
	Thu, 6:30 PM	19-Mar	30-Apr	6	\$84.00	38206
	Fri, 11:00 AM	20-Mar	1-May	7	\$98.00	38207
	Sat, 10:00 AM	21-Mar	2-May	7	\$98.00	38208
	Sat, 12:00 PM	21-Mar	2-May	7	\$98.00	38209
	Sat, 12:30 PM	21-Mar	2-May	7	\$98.00	38210

Lessons for 4-5 years-old

Kinder (All Skill levels) 4 & 5 Year Olds	Mon, 6:30 PM	16-Mar	27-Apr	7	\$70.00	38220
	Tue, 11:00 AM	17-Mar	28-Apr	7	\$70.00	38221
	Tue, 4:00 PM	17-Mar	28-Apr	7	\$70.00	38222
	Wed, 6:30 PM	18-Mar	29-Apr	7	\$70.00	38223
	Thu, 4:00 PM	19-Mar	30-Apr	6	\$60.00	38224
	Thu, 11:00 AM	19-Mar	30-Apr	6	\$60.00	38225
	Sat, 10:30 AM	21-Mar	2-May	7	\$70.00	38226

Refund Policy: Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

Anyone who registers for a for a swim lesson who requests a refund before the second class starts will receive a refund, minus a service charge of 10% of the class fee and charged for the first day if applicable. Anyone who registers and withdraws from a class after the second class begins will receive no refund.

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Lessons for 6-16 years-old

<u>Class</u>	<u>Day/Time</u>	<u>Start</u>	<u>End</u>	<u># Classes</u>	<u>Cost</u>	<u>Activity</u>
Beginning Swimmer 6-16 Year olds	Mon, 7:00 PM	16-Mar	27-Apr	7	\$56.00	38227
	Tue, 4:30 PM	17-Mar	28-Apr	7	\$56.00	38228
	Wed, 7:00 PM	18-Mar	29-Apr	7	\$56.00	38229
	Thu, 4:30 PM	19-Mar	30-Apr	6	\$56.00	38231
	Sat, 11:00 AM	21-Mar	2-May	7	\$56.00	38230
Advanced Swimmer 6-16 Year olds	Mon, 7:30 PM	16-Mar	27-Apr	7	\$56.00	38232
	Tue, 5:00 PM	17-Mar	28-Apr	7	\$56.00	38233
	Wed, 7:30 PM	18-Mar	29-Apr	7	\$56.00	38234
	Thu, 5:00 PM	19-Mar	30-Apr	6	\$48.00	38236
	Sat, 11:30 AM	21-Mar	2-May	7	\$56.00	38235
Swim Team Prep 6 - 17 Years old	Mon, 7:30 PM	16-Mar	27-Apr	7	\$56.00	38237
	Wed, 7:30 PM	18-Mar	29-Apr	7	\$56.00	38238
	Sat, 11:30 AM	21-Mar	2-May	7	\$56.00	38239
Special Populations (6-17 years old)	Sat, 2:30 PM	21-Mar	2-May	7	\$40.00	38245
	Sat, 3:00 PM	21-Mar	2-May	7	\$40.00	38246
Family Lessons	Sat, 2:30 PM	21-Mar	2-May	7	\$56.00	38244

Lessons for 16 years-old and older

Adult Lessons	Mon, 8:00 PM	16-Mar	27-Apr	7	\$56.00	38240
	Tue, 11:30 AM	17-Mar	28-Apr	7	\$56.00	38241
	Wed, 8:00 PM	18-Mar	29-Apr	7	\$56.00	38242
	Thu, 11:30 AM	19-Mar	30-Apr	6	\$56.00	38243

Lessons & Specialty Courses

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Parent & Child Lessons (Ages 6 months – 4 years) Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3) Start your child learning basic swimming skills and water safety in a small group with other 3 year olds. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Kinder Lessons (Ages 4 & 5) Students will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Front Crawls Stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student to instructor ratio.

Beginning Swimmer (Ages 6 – 16) **Floating, Gliding, Kicking:** Children learn to get comfortable putting their face in the water and practicing floating, gliding and kicking on their front, back and sides. These skills provide the foundation for all other swimming strokes they can learn plus kids learn about personal safety and how to know their limits. **Arm Strokes:** Learning to roll from front to back while performing arm strokes is the next step in mastering the crawls stroke. Once kids are doing that we move on to teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water and swimming in deep water. **Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing, and an introduction to whip kick are among the skills taught in this level. Children continue to work on strength, endurance and proper techniques. We maintain an 8:1 student to instructor ratio.

Advanced Swimmer (Ages 6 – 16) Swimmers are introduced to other strokes while continuing to increase safety, fitness and skill proficiency. **Prerequisite:** Swimmers must have passed Beginning Swimmer (have received a completion card), be comfortable in deep water and able to swim 15 yards without stopping. They must demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginning Youth Swimmer if there is room. **Learning New Strokes:** Also adds Elementary Backstroke, Breaststroke and Butterfly along with continued practice in Front Crawl Stroke and Backstroke. **Increasing Endurance and Proficiency:** Increased distances and more refinement of the previous strokes along with sidestroke are taught in this course. **Proficiency, Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques. We maintain up to a 10:1 instructor to student ratio.

Swim Team Prep (Ages: 7 – 17) Experience the fun of competitive swimming - This class is for students who have successfully completed Advanced Youth Swimmer. The coaches will emphasize improving stroke technique, turns and racing starts, building teamwork, and getting a strong workout for increased endurance.

Family Lesson (Ages: 4 – 16) For students who are not ready to be in a group setting or who need more individual attention. Swimmers will learn to swim from group instruction, parent can help child and child can help parent through the skills.

DIVING (Ages: 6 – 16) Have fun while learning critical safety habits, basic springboard diving skills and proper form while supervised by an experienced Diving Instructor. Work on skill progressions for forward and back approaches, take-offs, forward and back dives, inward dives, and more. **Prerequisite:** Students must have successfully mastered skills in Beginning Youth Swimmer and have the ability to dive from the side of the pool in deep water. Beginning Diving 1, Beginning Diving 2, Intermediate Diving

Special Populations Lessons (Ages 6-17) These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool Coordinators for information at 206-684-4961.